

ABSTRACT

The main subject of interest in the presented thesis is to introduce readers with sport of highschool students in Prague in their leisure time. Regarding their choice, frequency and preferences of sport in their free time.

The first section represents specifics of adolescent students from the perspective of behavioural psychology.

The next part is focused on theory of leisure time, physical activity, sport and its classification and lifestyle.

The following empirical section is aimed at types of leisure activities in different kinds of highschools located in Prague

In the conclusion there are various possibilities and recommendation demonstrated to prove the impact not only on theory but also practice.